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up

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Bodyweight Strength
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Poster Series Triceps
extension Biceps chin-
up Narrow triceps push-
up Manual neck isohold
Push-back Rear deltoid
raise Push-up Torso-
elevated push-up (with
feet-elevated variation)
Chest dip

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The Upper Body poster

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presents exercise instruction and illustrations for the following:

- Triceps extension
- Biceps chin-up
- Narrow triceps push-up
- Manual neck isohold
- Push-back
- Rear deltoid raise
- Push-up
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